

GFWC GREATER WEST PALM BEACH WOMEN'S CLUB

a member of the General Federation of Women's Clubs

"Women With a Purpose Make a Difference"

January 2024

VOL. 24 ISSUE 1



PRESIDENT'S MESSAGE-

Jean Allen (jeanallen@gmail.com)

Happy New Year to one and all.

Well after a very busy December we have hit the ground running in January. The dreaded reports are all done and submitted ahead of the deadline. Thanks to all the chairs that worked hard on these.

My goal as president this year is to get to more committee's meetings for each department and secondly to get our new members involved in projects as soon as possible.

I will be sending out a survey very soon. Please take the time to answer the questions and return to me.

Jean
In Federation love

TREASURER- Janet Carlson

(janet33467@gmail.com)

Dues are \$50 and are now due, please send your check to Janet.

Please use the tax-exempt certificate if you need to make any purchases. Let Janet know if you need a copy of the tax-exempt certificate.

MEMBERSHIP

Cathy Hopkins & Sharron Bounds

**(cathyahopkins23@gmail.com &
sharonbounds@bellsouth.net)**

Wow! Isn't wonderful that we have 4 new members that joined us in January. We also have 3 other applicants preparing to join in the next couple of months. It is so exciting to see our new members and their enthusiasm to begin working with the club. It wonderful that our friends see what we do and want to join us in helping our community.

Welcome new MEMBERS!!!



l-r: Karen Brazier, Carolyn Reikenis, Marie Delfino-Johnston and Debbie Holland.



Since this is the first month of the year, we have a few catch-ups from last year. Thank you, Jean Allen, our President and our Volunteer of the Year, and Sharon Bounds for making our holiday party an affair to remember with 40 members and guests.

Decembers Mall Coffee was attended by 11 members & 3 guests.

January Mall Coffee had 14 member and 2 guests met at the Wellington Green Mall

socialize, have lunch, and celebrate our members' January birthdays!



The next Mall Coffee at 12 noon at Wellington Green Mall at the Food Court on Thursday February 22nd



Get ready Ladies for our **February 24 "Friendship Tea"** by inviting your friends, neighbors, and strangers to this tea. It is being held at the Lucerne Lakes Club House from 2:00-4:00. If you have any ideas, table settings, etc. please let Sharon or Cathy know. We will start accepting items for the tea at the Park on February 13 or before, just let us know when you would like to drop them off or have us pick the items up. We still need members who would like to help with table settings. With 8 or more at a table, cups & saucers need not be matching sets. If you haven't signed up for something, give Cathy or Sharon a call.

Ladies Day Out will begin in February, if you have suggestions for a movie, let Sharon know.

MaryLou Samaras headed a project for Membership Leadership Project by preparing duffel bags for children being removed from their homes by the sheriff. We meet Officer Tanya

from AVO and officer Martinez to deliver the duffel bags. She thanked everyone for all the supplies of tooth brushes and paste, stuffed toys, duffel bags, throw blankets, pajamas, and toys. We gave enough to fill 15 duffel bags.



As stated above, **Jean Allen is our Volunteer of the Year!** With all the hard work in sewing shirt protectors, quilts, placemats, and 100 bears, besides being at most of our projects and deliveries, she is our President and has done exceptional in keeping the club running smoothly. She really deserves to win not just for District 10, but for the state.

At January's Park Outing members wore Blue for Human Trafficking Awareness.



February 13 is the next Park Outing at 9:00 at Samuel J Ferreri Park.

Traveling Teapot

Barbara Burdette, Sue Kunda, Terri Calsetta and Suzanne Valentage enjoying lunch with our Traveling Teapot!



February's Tea Pot participants are Donna Cohen, Cindy Jones, Debbie Holland and Rona Eagle.

Birthdays

February 3rd- Janet Oliver
February 9th- Carolyn Reikenis
February 14th – Donna Elliott
February 25th- Janet Carlson
February 28th- Jean Allen
February 28th- Janet Portnow

Anniversaries

February 15th- Fran and Gary Green



FUNDRAISING- JeffAnne Pike

japFSU@aol.com

We are busy getting ready for our fashion show on April 27th.

We have started putting together baskets—if you have any items, we can use to fill them, please bring to park outing, business meeting or let me know and I can arrange for a pick up. Thank you to all who have already donated.

Please use the donation letters emailed earlier this month to solicit donations from local businesses. Please let JeffAnne know when a donation is secured so we don not duplicate businesses.

The next committee meeting is February 15th at 10 am at Sharon's home. Please bring any items for the baskets to the park outing or let a committee member know and they can be picked up before then.

Flyers are available and have also been sent out via email. Please post of your Facebook page and share with all your friends.

Let me know if you need tickets or have any questions. To date we have handed out 150 tickets. They go fast, so get them soon!



ARTS & CULTURE- Phyllis Gauger & Liz Bloeser (REGUAG@aol.com & fauowl1975@aol.com)

On January 17, the group met at Torero's Mexican Restaurant in Lake Worth Beach and had a really nice time. There were 19 folks in all, 15 members and four guests.



At our January business meeting, a drawing was held to determine the lucky member responsible for choosing February's Epicurean Eats destination. The winning member was Cindy Jones, who has chosen New York Style Pizza. The restaurant is located at 6438 Lake Worth Road in Greenacres. It is situated in a shopping center at the corner of Lake Worth and Jog Roads.

Please RSVP to Phyllis by Thursday, February 15. Come join us and feel free to invite friends and family!

Cards for the Military

Club members met at the home of Sharon Bounds to make Valentine Day cards for Forgotten Soldiers Outreach. Sharon provided all the materials used for this project.



We were excited to have Jean's sister Margaret, visiting from England, help with the making of the cards.





Save the date: **February 14th at 10am.**
We will be packing We Car packages. Please let Mickey or Doris know if you will be attending.



CIVIC ENGAGEMENT & OUTREACH-

Doris Lofink-McArthur & Mickey Pouceous (lohmcarthur@aol.com & mickey8648@aol.com)

Forgotten Soldiers Outreach

131 Valentine Day cards were delivered to Forgotten Soldiers Outreach to be used in their We Care packages.



ENVIRONMENT- Donna Cohen
(222donna222@gmail.com)

The club donated \$100.00 to Palm Beach Purrs. They rescued 15 kittens that were left in a cage behind HomeDepot.

All 15 kittens survived after medical intervention and are now in foster homes awaiting adoption.

The club provided the Palm Beach Zookeepers with a gift certificate for pizza party. We wanted to acknowledge their year of hard work of care and conserve of our wildlife.



Upcoming events:

February 3rd is the festival at Manatee Lagoon.



Great Backyard Bird Count: February 16-19

Spend time in your **favorite places watching birds**—then report them! In as little as **15 minutes** notice the birds around you. **Identify them, count** them, and **submit** them to help scientists better understand and protect birds around the world. Go to birdcount.org. It's **easy and fun**. Please let me know if you have any questions or need help.





February 25th – We will help give out books at Lake Worth Beach Street Painting Festival.



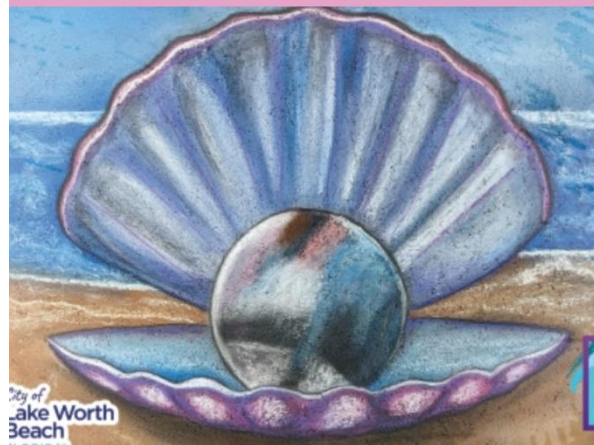
EDUCATION & LIBRARIES-
Cindy Jones (cindyACWC@gmail.com)

We had a total of 5 ladies and 4 guests volunteer to give out books and help children with crafts at Artzy on January 27, 2024. Artzy is a Greenacres city event which provided free books, dance, magic, crafts ballon animals and information about art appreciation. Our ladies gave out 366 books in English and Spanish.

We will continue to collect children's books.

We raised \$195.79 for Greenacres Little Libraries!

Lake Worth Little Free Libraries
Give out FREE books
Lake Worth Beach Street Painting Festival
February 24 and 25th
10am-7pm
Last shuttle runs at 6pm
Volunteer a little or alot.
Details to follow.
Interested? Please reply below.





**HEALTH & WELLNESS- Meg
America (megusa9988@gmail.com)**

Health and Wellness will continue with health tips in 2024. They will be put into the Newsletter or discussed at the meeting if time permits.

We will also continue with the monthly health checkups. It is fun to see creative ways members keep themselves healthy during the year.

We plan to provide meals two times this year for Quantum house.

Other plans are in the works and to be announced.



Benefits of Water

There are different views of how much water one should drink in a day. For women it should be at least 11 cups per day. That may sound like a lot, but it's not considering what it does for you. It keeps you well hydrated which helps with lubricating and protecting your tissues, spinal cord, and joints. Not to mention getting rid of waste through perspiration and other bodily functions. Aiding in digestion and helping to absorb nutrients go along with helping in weight loss. There are so many reasons to start your day with a big glass of water (before the coffee) and finish your day the same way. The benefits are tremendous, so drink up.



**PUBLIC RELATIONS - Linda Ferris
(lindaferris7@gmail.com)**

Elevator Speech: Everyone should be using their Elevator Speech to promote the club. This month, you should use your Elevator Speech to promote our fashion show. Here's an example: "I hope you can attend our club's fashion show at the Fountains Country Club on April 27. Fashions by Chicos, delicious brunch, opportunity baskets, drawings and more. Tickets are only \$50, with the money funding community-service projects."

PR includes you: Everyone is a member of the Communication/PR committee! Why? Every time you mention our club, you are spreading the word about our club. When you talk about our club, you should remain upbeat and positive.

GFWC Florida Clubwoman Monday email—
Are you signed up to receive the weekly Clubwoman email each Monday?

I want to remind you to text photos to me so I can send to the Clubwoman for the "club news section." I also need the who, what, where, when and why of the photo. I can't attend every club event to know these details.

GFWC Florida Website: New members can click on GFWCFlorida.org to register for the Florida Clubwoman email, and every member will find great info. You will have to get permission to click into the "Members Only" section. If you have difficulty, let me know.

Pat on the Back: Several members posted our club's fashion show flyer on their Facebook page this month, and lots of members deserve the honor this month, but Pat on the Back for January goes to Doris and Mickey.

Facebook— Lots of posts in December and this month. Please use hashtags when posting on

your personal page, as well as our club's Facebook page. GFWC Headquarters stressed their importance last week in News and Notes, saying:

"When used correctly, hashtags are a way to group conversations or content around a specific topic, making it easy for people to find subjects that interest them, expand followers, and encourage interaction. Hashtags are essential on social media as they enable your content to be found by interested people."

Here is what Nancy Kaufman, GFWC Communications Committee Member, said:

According to the Britannia dictionary, a hashtag is a word or key phrase preceded by a hash sign (#) used in social media sites and applications. When used correctly, hashtags are a way to group conversations or content around a specific topic, making it easy for people to find subjects that interest them, expand followers, and encourage interaction. Hashtags are essential on social media as they enable your content to be found by interested people.

Using relevant hashtags helps your content to be found, but the key is finding the right one. The following guidelines may help your success:

Choose specific hashtags whenever possible because you will be more likely to attract your targeted audience. Example: If wishing to connect with other volunteers in your community, using #IamVolunteer after posting would allow others to locate what your club or state accomplished on a recent project.

Keeping your hashtags short will make them more memorable. There is no need to be clever or obscure. You aim to increase traffic to your topic, not find Mensa members. Example: Using #GFWCNDS when posting photos of your club's participation in GFWC's National Day of Service allows a club's activities to be searchable.

Don't try to force hashtags into every post. Use them when they add value and will stimulate conversation and interaction. Make their use impressionable. One to three hashtags in a post can have more impact than too many.

As GFWC members, we know we have a powerful message to share, and incorporating hashtags into our posts is a way to draw attention to our mission. Using them will promote our brand further and improve GFWC's

name recognition. Incorporating hashtags can generate excitement beyond our immediate communities and potentially recruit new members. #IamGFWC

New GFWC branding logo for GFWC was unveiled last month.



GFWC SPECIAL PROGRAM- Domestic Violence Awareness and Prevention- Linda Ferris (lindaferriis7@gmail.com)

The awesome committee members from last year have agreed to continue in 2024. They include: Shakearah Rolle, Debbie Still, Deb McCoy, Janet Portnow and Linda Walker. We welcome new member Rona Eagle, who is joined our committee after the January club meeting.

The GFWC Special Program: Domestic Violence Prevention and Awareness, is the only Special Program GFWC has. It includes all forms of child abuse and neglect, spouse abuse, sexual abuse, elder abuse, teen dating abuse and more.

Project ideas for this year include:

Elder Abuse— maybe do a craft, bingo, game at a nursing home.

Deb McCoy is checking out two new possible projects to do later in the year.

Other **Projects for 2024** include ones we did in 2023, including Birthday Bags for the Children in Harmony House domestic assault shelter, new pajamas for the children in three domestic assault shelters, helping Aid to Victims of Domestic Violence or AVDA,, donations to Grandma's Place shelter for abused and neglected children birth to age 12, new and gently used "Purses with a Purpose," for women in Harmony House; Guardian ad Litem and Dress for Success.

Our first project will be Birthday Bags for the children in Harmony House. You can bring items to the park on Feb. 13, Feb. 26 club meeting or March club meeting. The decorative birthday bags contain everything a child needs to celebrate their birthday while in a domestic assault shelter. This includes birthday plates, napkins, party favors, game/toy/craft for the birthday child, and new book. We also include small items like balls, cars, coloring books and crayons, etc. so the bags look full. We purchased some toys in 2023 with club money, and will use funds to order new books. You can contribute a completed bag, or just a couple items. The bags have to be large enough to accommodate all the items. Reminder: No food, no liquids, no gum, no guns, no stuffed animals, no clothes. We plan to deliver them early April for Child Abuse Awareness Month.

Human Trafficking Awareness and Prevention also falls under Domestic Violence Prevention and Awareness, although they have moved it to a separate reporting area because it has grown in numbers.

January is National Human Trafficked Prevention Month, and on Jan. 11, we took a photo of 13 members wearing blue, and posted it on Facebook. We had 11 members who wore blue to the park, and it was last minute. I confess I was a still under the weather a little this month, and asked ladies the day prior to the gathering to wear blue. Blue is the color for Human Trafficking Awareness, just like purple is Domestic Assault Awareness color symbol.

Hope for Justice, GFWC's partnership under Human Trafficking Awareness, is a non-profit organization working to bring an end to human

trafficking. It's now a global organization, and is based on four pillars: preventing exploitation, rescuing victims, restoring lives, and reforming society. They work directly with victims and survivors in the US and around the world while campaigning for long-term change through our work with governments, law enforcement, businesses, and groups like GFWC.

For members who missed the October speaker, we review **"what is human trafficking?"** Human trafficking is a crime where someone is exploited for labor, services, or commercial sex. It is a type of modern slavery, which is an umbrella term encompassing slavery, servitude, forced or compulsory labor, as well as human trafficking. Victims are unable to leave their situation of exploitation and are controlled by threats, violence, coercion, and deception. It is happening all around us, with an estimated 50 million victims globally and more than one million people affected right here in the US. You might walk past or speak to someone who needs help without realizing it.

"Sound of Freedom" movie, is now free on Prime. Many club members saw this movie last year that featured a DEA agent who recovered children who had been kidnapped by traffickers. It's a powerful movie I recommend everyone to see.

Free the Girls project has been discontinued by the organization, but we are hoping to work on a new project similar to the Little Girl Dresses we did a few years ago. Linda Walker will chair this project and she will share details after she gets them.

LEADERSHIP- Jean Allen
(jeanallen@gmail.com)

Next Webinar Feb 7th Boggy Creek
Thanks to all who made the stuffing party a success. We will need to do it again.
Next business meeting is Feb 26th

GIVING DAY



02-21-2024

SAVE THE DATE

GFWC Florida Day of Giving Day

Your gift directly supports GFWC Florida by providing essential resources to help Federation with technology improvement and Headquarter Maintenance.

You can donate on line in GFWC Florida Marketplace <https://www.marketplace.gfwcflorida.org/product/gfwc-florida-day-of-giving/>

Dear Members, Lets all support our Federation. Please Join me while I give up my \$5 local coffee shop cup of coffee on 02-21-2024 and donate this to GFWC Florida. If every member donates \$5 we will collect \$39,000. This is our goal for 2024. Please make a contribution.

Candi Aubin, GFWC Florida Treasurer



**Reports are done and sent.
We need to congratulate ourselves for the great work we did in 2023!
We completed 521 projects
23,408 Volunteer hours
We donated \$8,543 from the club
In-kind donations of \$45,686 and
Raised \$11,006**

DISTRICT 10 NEWS

District 10 Arts and Crafts Meeting will be held on February 10th in Jupiter. Results will be in the February Newsletter.

Boggy Creek

12 members and 1 guest, gathered at Jean Allen's home for a "stuff and sew" party. Jean has sewed 150 of these bears(!) to give to the children at Camp Boggy Creek. Camp Boggy Creek is a camp for children with medical issues.





CAMP BOGGY CREEK needs VOLUNTEERS

Volunteer Assignment Details

- Event Date: Thursday, February 29, 2024
7:30am - 2:30pm (estimated)
- Location: Alford Inn - 300 E New England Ave,
Winter Park, FL 32789

For more details:

<https://www.boggycreek.org/hofvolunteer>



DATES TO REMEMBER

- February 3rd- Manatee Festival
- February 7th- Boggy Creek Webinar
- February 10th- District 10 Arts &
Crafts Meeting
- February 13th- Park Outing
- February 14th- Packing We Care
boxes at FSO

- February 15th- Fashion Show
Committee Meeting
- February 16-19th- Great Backyard
Bird Count
- February 19th- Board Meeting
- February 19th- Epicurean Eats
- February 21st- GFWC Day of Giving
- February 22nd- Mall Gathering
- February 24th- Membership Tea
- February 25th- Lake Worth Street
Painting Festival
- February 26th- Business Meeting
- February 29th- Boggy Creek
Volunteer Day

**GFWC Greater
West Palm Beach
Women's Club
PO Box 16311
West Palm Beach, FL 33416**

For more information

Contact:

**JeffAnne Pike
561-329-1289**

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each Women's Club**

Visit our webpage:

gfwc-wpbwomensclub.org